

Microwave Denver Scramble Slider

Prep time: 5 minutes

Cook time: 1 minute

Makes: 1 Servings

This quick egg scramble sandwich is made fast in the microwave for a great on-the-go breakfast, lunch or snack.

Ingredients

1/16 cup chopped red or green bell peppers

1 tablespoon chopped onion

1 egg

1 thin slice deli ham (chopped)

1/2 ounce water

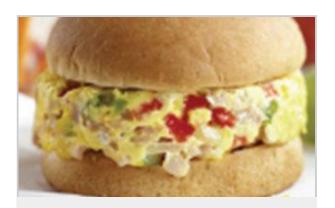
1 slider-size bun or whole wheat English muffin (split and toasted)

Directions

- 1. Place peppers and onions in 8-oz. ramekin or custard cup, or in a small bowl. Microwave on high 30 seconds; stir. Add egg, ham and water, beat until egg is blended.
- 2. Microwave on high 30 seconds; stir. Microwave until egg is almost set, 30 to 45 seconds longer. Season with salt and pepper, if desired.
- 3. Serve in bun.

Notes

Don't overcook. Scrambled eggs will continue to cook and



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	240	
Total Fat	6 g	9%
Protein	16 g	
Carbohydrates	29 g	10%
Dietary Fiber	4 g	16%
Saturated Fat	1.5 g	8%
Sodium	550 mg	23%

MyPlate Food Groups

Vegetables	1/4 cup
Grains	2 ounces
Protein Foods	2 ounces

firm up after removed from microwave.

Microwave ovens vary. Cook time may need to be adjusted.

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